



Summer 2014

A publication dedicated to health, plan benefits and agency news.

INSIDE THIS ISSUE

Nevada 150 Wellness Challenge	1-2
Board Members	2
Executive Staff	2
Board Meeting	2
Healthcare Shopping	2
Catamaran Price & Save Tool	3
Governor Appoints New Board Member	3
Protect Yourself From Email Phishing Scams	3
PEBP Informational Videos & Tutorials	4
Plan Contacts	4

POINTS TO REMEMBER

Contact PEBP if you are:

- Retiring
- Having a baby
- Getting married
- Getting divorced
- Moving

Applying for disability retirement?

You may also qualify for long-term disability benefits. Contact The Standard at 888-288-1270.

Nevada 150 Wellness Challenge

The State of Nevada has many events scheduled to celebrate all things Nevada and bring awareness to the 150th anniversary of Nevada's statehood. In an attempt to promote a healthier population, Governor Brian Sandoval, Chief Medical Officer Dr. Tracey Green, and the Public Employees' Benefits Program (PEBP) are excited to announce the *Nevada 150 Wellness Challenge* in commemoration of Nevada's 150th anniversary. The challenge is voluntary and open to all PEBP participants enrolled in the Consumer Driven Health Plan (CDHP) and HMO plans regardless of their current participation in the NVision Health & Wellness Program.

Participation in the voluntary challenge uses a Fitbit device to track steps. If you qualified for a free Fitbit already you can use it to join the challenge. If you are a member of the NVision Health & Wellness Program, you are eligible to purchase a Fitbit Flex for \$25 (retail price \$99.95) or a Fitbit Zip for \$15 (retail price \$59.95). If you are *not* an NVision member but want to join the challenge, you are eligible to purchase the Fitbit Flex at the discounted price of \$50 or the Fitbit Zip for \$30. (One offer available per primary participant enrolled in the CDHP or HMO Plan.)

The goal of the challenge is to log a minimum of 150,000 steps per month (approximately 5,000 steps a day) using a Fitbit. Members who accomplish or exceed the minimum goal will be awarded a Governor's Certificate of Fitness. The 150 members who log the most steps will also receive prizes associated with the State of Nevada.

The challenge starts September 1st and will run through Nevada Day, October 31st. To join, login to the e-PEBP Portal at www.pebp.state.nv.us and complete registration by September 15th. (In order to insure delivery of the Fitbit by September 1st, you should order by August 25th.)

(Continued on page 2)

Public Employees' Benefits Program

901 South Stewart Street, Suite 1001, Carson City, NV 89701

775-684-7000 or 800-326-5496 Email: mservices@peb.state.nv.us www.pebp.state.nv.us

Nevada 150 Wellness Challenge, continued

BOARD MEMBERS

Leo Drozdoff

Chairman

Dr. Jacque Ewing-Taylor

Vice-Chair

Ana Andrews

Donald Bailey Sr.

Dr. Chris Cochran

Rosalie Garcia

Jeffrey Garofalo

Ashok Mirchandani

Robert T. Moore

Vacant

EXECUTIVE STAFF

James R. Wells

Executive Officer

Roger Rahming

Operations Officer

Lori Johnson

Executive Assistant

Donna Lopez

Quality Control Officer

Celestena Glover

Chief Financial Officer

Chris DeSocio

Chief Information Technology Officer

Nancy Spinelli

Public Information Officer

SCHEDULED BOARD MEETINGS

September 18, 2014

To confirm meeting locations, dates and times, visit:

www.pebp.state.nv.us

or call 775-684-7000

800-326-5496.

Over the course of the challenge, Dr. Green will host a series of educational webinars to assist you in meeting your health goals. For webinar dates and times, visit www.pebp.state.nv.us.

- **Introduction to the Nevada 150 Wellness Challenge:** Content will focus on the challenge, but will also include weight loss and improved health through exercise and healthy nutrition, obesity in the nation and obesity in Nevada;
- **Exercise:** Why 10,000 steps, the benefits of exercise, ways to achieve success, and an update on the Nevada 150 Wellness Challenge;
- **Label Reading:** What you might not know about reading food labels; examples of options making reference to a label; what is protein, what is a carbohydrate, and what is recommended daily allowance; and
- **Eating Out:** How to make choices, building a meal in any restaurant, examples of choices in specific types of restaurants such as Chinese, Japanese, Italian and Mexican restaurants.

Please join us in promoting a healthier Nevada and celebrating 150 years of Nevada statehood. For more details on the Nevada 150 Wellness Challenge, please visit www.pebp.state.nv.us.

Healthcare Shopping



Do you shop online for books, clothes, anything? Have you ever wished that you could shop for healthcare the same way? Ever wonder what going to the doctor, getting a medical test, going to a hospital will actually cost you?

Great news! Later this year, PEBP is bringing CDHP members a cost estimation tool that will help participants understand what healthcare costs may actually be (given your individualized insurance coverage). With the new cost estimation tool, you will be able to learn about the types of treatments available, the places you can go for treatment and what your actual out of pocket costs will be based on your insurance plan, your individual coverage and your remaining deductible and out of pocket maximum. With this information, you will be able to shop for the lower cost providers. So, just like shopping for books, soon you can browse for healthcare!

Stay tuned for more information as PEBP rolls out this new product later this year.

Catamaran Price & Save Tool

The Catamaran website has been updated to provide you with easy access to:

- Compare prices at local pharmacies and home delivery
- Find your lowest copay
- Locate your pharmacy and get driving directions
- Manage your home delivery prescriptions - request a refill or track an order
- Keep track of your health history
- Learn more about your drugs



This private, secure website is designed just for you. All of your pharmacy plan information is available and kept up-to-date in real time. Login to the E-PEBP Portal at www.pebp.state.nv.us to access your account.

Director of Administration Designates New PEBP Board Member

PEBP is pleased to announce the board appointment of Ana M. Andrews, Risk Manager for the Risk Management Division of the State of Nevada's Department of Administration. Ms. Andrews' State career started in 1991 at the Attorney General's Office where she worked for over 10 years. Her experience includes loss analysis, risk identification and evaluation, cost containment strategies, as well as twenty one years of budget development and implementation in state government. She is also a board member for the State Risk and Insurance Management Association (STRIMA) and the Northern Nevada Risk Management Society (RIMS) Chapter.

Protect Yourself From Email Phishing Scams

Have you recently received an email from **Public Employee Benefits Group** offering to sell term life insurance coverage to all public employees. **If you did receive this email, please note that it was NOT sent from PEBP or any of PEBP's voluntary product vendors.** This email was likely a phishing scam. Phishing scams can come in the form of electronic communications in an attempt to steal personal data and passwords. Phishing is all about convincing you to divulge information that could help criminals steal your money, identity and/or install malware on your computer. It works by impersonating communications from companies that you trust such as banks, PayPal, online retailers, and government agencies.

To protect yourself from these types of scams, read the email carefully. If it looks fishy, it probably is phishy. Do not reply or click on any links in the email. If you have doubts about the legitimacy of an email that appears to be from PEBP, contact the PEBP office to confirm its authenticity.



901 S. Stewart Street, Suite 1001
Carson City, NV 89701



Twitter.com/NVPEBP

We're in this together

PEBP Informational Videos & Tutorials

PEBP offers a variety of informational videos and online tutorials to help members understand the various components of their benefits. Staff continues to expand the library, however, the following videos/tutorials are available now:

- Using Your HSA for Prescription Medications
- Using Your HSA for Medical Expenses
- HSA & HRA: Similarities & Differences
- Single Sign-On
- Deductible & Coinsurance
- Medical FSA and Limited Purpose FSA
- HHP Diabetes Program
- CDHP: Diabetes Care Management Program
- HPN: Diabetes Program
- OneExchange: Helping You Understand Your Health Reimbursement Account (HRA)
- OneExchange: Helping You Prepare for Your Upcoming Medicare Enrollment

Administrator	Phone
Public Employees' Benefits Program	775-684-7000 or 800-326-5496
HealthSCOPE Benefits	888-763-8232
Statewide PPO Network	800-336-0123
First Health Network	800-226-5116
Catamaran	800-799-1012
Hometown Health Partners	888-323-1461
US Preventive Medicine	877-800-8144
Hometown Health Plan	775-982-3232
Health Plan of Nevada	702-242-7300
Diversified Dental Network	775-337-1180 or 702-869-6200